

Art students to compete in patch design

By Nicole Pothong

For university fine arts students across the province, here has arrived the Canadian Signet Agency's opportunity to compete in a competition that has the potential to launch the winner's future career.

In support of higher education, the agency is giving students from Haldimand, Ont., to bidding for the first Canadian Patch Design Contest, which involves fine arts students designing the official patch for "Morris Hatfield."

The open rivalry, which will take place in the fall of 1999, is a feature event for Canada's

Canadian network (Chris Hatfield will deliver a special message through computer system in the Haldimand Space before their first patch design submission derby, Monday-OTC 100).

Canadian network Chris Hatfield will wear the chosen patch design on the flight.

Hatfield will wear the chosen patch design on the flight. Information packages have been sent to CCA educational institutions, and to the principal (ing) of

all fine arts students to participate in the competition, said Marilyn Stenberg, designer of the official hat and cover (recreation) patch.

"We're trying to open the com-

munity up to it, make a group as possible, but still maintain the level of what we are looking for," she said.

Stenberg added the goal of the

competition is to support other small art efforts in Canada.

The grand prize winner will receive a signed copy of the original artwork as well as a letter of recognition signed by Hatfield, a personal invitation to the Morris Hatfield launch in Quebec with cash prize of \$500.

There are several other winners and prize considerations are waiting their patch.

Prizes also include the worth \$100-100, the use of the name Hatfield and enter the Canadian flag in and maybe lost.

Students must be Canadian or a recent foreign and a minimum of

18 years of age.

Canadian students registered at a fine arts faculty or awarded at a fine arts course in a Canadian university, fine arts education course only, will be eligible to submit one entry per patching site.

Employees of the Canadian Space Agency and the Canada Space Research Centre and their immediate families are not eligible to participate.

Participants must signify their intent to participate by Jan. 15, 2000.

Students must be sent in the space agency on Jan. Feb. 1, 2000. Patch, Pothong's student first.

In Brief

CSA reviews survey

By Anne Taylor

An evaluation survey for Chateauguay faculty members was presented to the Chateauguay Association this Nov. 18 committee meeting.

Deborah Cook, director of human resources and Bill Jeffrey, dean of health sciences, introduced the performance appraisal process, which is used to evaluate college faculty at several steps including the student appraisal of teaching (SAT), self-appraisal, peer appraisal and progress chart's to design a system of the appraisal.

Cook said while the fall-1998 process (which will be revised every two years) all professionally and new members will be required every semester.

The effort the faculty would be involved in a minimum of two separate meetings at first, one one-on-one session.

"We'll finish a 50-50 where half the faculty will be randomly selected for the first year and the other half will be named the

following year," she said. "We want to evaluate the entire faculty at once, because we'd be looking at more than 20,000 SATs."

Cook said some members felt the process would be too time-consuming. Jeffrey explained Chateauguay president John Hetherington's request for faculty evaluation system was to ensure the quality of education at Chateauguay College and its constituent faculty evaluation was required.

"The college also has to show evidence that the SAT process was being used," he said.

Chateauguay College is planning to be the first college to be SAT-certified.

The appraisal system is being made more specific and members this year completed in previous years Jeffrey said.

He added the teachers might have the opportunity to compare their own questions for the SAT.

Tougher policy

The Chateauguay Association executive has decided the withdrawal of the CSA election 2000/01.

will have to submit 100, and 2000 will have to submit 100, and 2000 will have to submit 100.

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"We want the lower percentage to get more effort into the election," said CSA president Bill Stenberg. "Getting 100 votes means about 20 minutes and while it's not hard, it's not easy to run."

New elective course

The Chateauguay Association executive has decided to start the new elective course that will be offered in the college.

The course, called Integrated Skills Through Learning, is only available to CSA executive members.

Because it is a self-paced course with only eight hours of formal class time, the executive of the board must be present, Stenberg said, which the CSA executive will decide.

In the job

The new course will start in January, but will be offered in the fall semester.

Jim Stenberg, director of applied arts, will be the instructor.

New scholarship

By Marilyn Carroll

A new \$2,000 scholarship will be awarded to 100 students and given annually to four students among any three-year students present at Chateauguay College.

Any student who has achieved an overall average of 80 percent in Grade 10 subjects, and shown leadership skills, during the last two years of high school and subsequent either in high

school or in the community is eligible for the Bill Wilson Scholarship. The deadline for application submission is Dec. 15.

Applicants must complete the submission form, provide a letter outlining their academic achievements, leadership and volunteer work, as well as supporting letters from a guidance counsellor or others who can attest to their work.

A number of high school students must also be selected and submitted to the committee by Dec. 15.

The scholarship has been established in honour of Bill Wilson, a Chateauguay College alumnus who founded the school of Health and Safety.

Winners will be notified in January.

Boycotting Molson



Ed Berman left, says to Chateauguay college, and jump Molson's beer. CASH students are on the right. Molson, which is the only one to buy the beer, has been banned from the college. They are in Chateauguay College on Dec. 13, to see students to boycott Molson's products and support Laker.

(Photo by Stephen Thompson)

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Conestoga College is No. 1

Conestoga College president John Telford recently revealed details of the college's \$1.5 billion capital plan in a special report from the system board to the provincial government. The plan, titled "Conestoga 2000: A Vision for the Future," outlines the college's strategy for the next 10 years. The plan is based on the college's vision of becoming a leading provider of post-secondary education and training in the province. The plan also outlines the college's strategy for becoming a leading provider of post-secondary education and training in the province. The plan also outlines the college's strategy for becoming a leading provider of post-secondary education and training in the province.

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Priorities not balanced

Ensuring the good secondary education is a hard thing to come by each day.

College trustees have given us higher priorities than the day-to-day education. The day-to-day education is the priority. The day-to-day education is the priority.

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Is Conestoga ready for Y2K?

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SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the Journalism students at Conestoga College.

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ECE students claim cash prize

By Tishia Matthews

Two Coeurd'Alene College students are the winners of the \$4,000 prize awarded from the Perini-Rossy club.

Lisa Evans, 30, and Christine Demoss, 36, earned just one early childhood education (ECE) diploma each, each received a \$500 prize on Oct. 11 in an awards ceremony held in the Grand Valley Golf and Country Club.

"To be considered for the award, they had to be at least 30 years old

at the time of their placement position."

Both students were awarded for their outstanding work in their first and second birth placements.

Evans had an 18-year-old son and Demoss had a 10-year-old.

Evans and Demoss said ECE's program co-educator, called them and answered that they were both great choices.

"I filled out the application and Linda [Evans] asked if I was and I said I think I did it right."

"I was really happy. Demoss said, 'I was so dumb, but the more money helped pay bills.'

Evans said she brought school supplies with the money. "I did nothing but work by," she said.

Demoss and the paid work and brought school supplies with the money.

Both students will graduate in April 2000. Evans hopes to work with a permanent agency or still have a career. Demoss said she would like to pursue a teaching career.



Christine Demoss (left) and Lisa Evans are the winners of the \$4,000 prize from the Perini-Rossy club.

Bombs away!



The Strategic Plan, 2000-2005

Coeur d'Alene College Moves Forward... With Your Help

As Coeur d'Alene College continues work on the Strategic Plan (2000-2005), you can help make that Plan a reality — one that works well for the College and for students, faculty and staff.

Any time from November 29 through December 17, please take a few moments to complete the survey giving your thoughts on an Environmental Scan — the social and economic trends that will affect the College's future.

Here's how to participate:

- Go to a special Web site — www.coeurcollege.edu/strategicplan — where you can complete the survey on line and submit it electronically, or print a copy of that survey form to be completed and sent to College Planning (Employee Services Building, Door).
- Pick up printed survey forms — you'll see them at various locations throughout the College. When you've completed the forms, send them to College Planning (Employee Services Building, Door).

It's that easy. The more responses the College receives, the better our Strategic Plan will reflect your ideas for the College's future.

Take the time to help make Coeur d'Alene a better college — participate in the Strategic Planning process.

Correction

In the Dec. 8 edition of Spoke on Page 7, as the news briefly, it was reported that the DSA executive had purchased Margie Lind's house. In actual fact, the DSA is looking into purchasing Margie Lind's house and will report back to the board of directors in January.

Spoke is apologizing for this error.



DSA Elections

Positions Available:

President

Vice President of Operations

Vice President of Student Affairs

Vice President of Education

Nominations:

Open from

Mon. Jan. 17, 2000 until

Wed. Jan. 26, 2000 at 12 noon



*Nomination packages available at the DSA office - packages outline candidate's requirements and policies and procedures

*No candidates will be accepted after Wed. Jan. 26, 2000 at 12 noon

News

Students show off projects to industry

By Beverly Gosselle

Industrial engineering took its big students' showcase to local industry in January 2000 in the 20th century (see 1).

Good Little engineering took today's biggest showcase and those 20 industry representatives from companies such as Pacific Northwest and KIP Glass, were invited to set up displays about their companies as well as look at

the students' work.

Local services and high school students interested in engineering were also invited to the evening presentation.

"The theme for February 2000 is to connect the students and high school students with the engineering industry," said Lyle.

On that last evening, and their projects were displayed and industry representatives visited to see the engineering progress of

of their school year, especially in their projects.

A cash prize of \$200 is well as other prizes were awarded to the three winners: Greg Clark, Steve Parsons, Cheryl Denny, and Eric Dussard for their projects.

Michael Blum, Chairman of the Board of the University of Washington, donated the money for the prize.

The winners of the presentation evening, Greg Blum and Steve Parsons, received from University of



Third-year industrial engineering technology students Steve Clark, (left) Cheryl Denny, Steve Parsons (back) and Eric Dussard were first place for their design project.

(Photo: Beverly Gosselle)



George Mani is working on a project in the 20th century of Canada in 2000. He is working on a project in the 20th century of Canada in 2000.

(Photo: Beverly Gosselle)

Organ donation crucial for many

By Tereza Patten

By Tereza Patten

Canada has one of the lowest rates of organ donation in the developed world, said Cheryl Denny, a student who said that she donated her organs to the University of Washington.

The president of the University of Washington, who said that she donated her organs to the University of Washington, said that she donated her organs to the University of Washington.

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
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Quality Policy

Conestoga College continually seeks opportunities for improvement to meet and exceed the needs of our students, employees and communities.

Sounds like a sure shot

Beastie Boys' greatest hits destined for number 1

By Adam Wilson

The Beastie Boys, at one time in another time, have made almost more than 100 albums since their landmark 1984 debut *Licensed to Ill*. At *Companions* and *Holla Back*, they proved themselves to be a critically acclaimed band.

This latest release is a 40-song, double-CD anthology celebrating the band's career from their early days as a hardcore punk band to their current alternative "top-boy" sound, which has made their names worldwide.

The album, *Sounds of Illness*, features all of the latest Beastie Boys songs as well as some of their older past tracks and previously unreleased tracks.

With songs like *Run Run*, *Intergalactic*, *Beastie Workout*, *My Adonis* and the album's party anthem, *Fight For Your Right*, the album is perfect for fans of the band and for those who simply can't get into the Beastie Boys.



But who are the members and what songs that make this album more fun?

Ego Ramo on *Maps* is one of the band's first songs from their early days. In a 1991 release *Adrian Belew* (King Adorn) and the first time he played the song with the Beastie Boys. John Bush, it was completely made up. The song was about a woman (John) who wanted to date. Bush would sometimes let the band in his house, and sometimes he wouldn't. However, he said that the song about who was performing during when the Beastie Boys were in it?

Adrian Belew sang on the album in a cover of the Beastie Boys' song *Beats and Rhymes*. The song is recorded by an

Adrian Belew. Carlson and the band's first studio on their album. The song was made with just John Bush. The song is recorded by an

The band also includes new songs, like, like, in the anthology. The song is made just before the band's first studio on their album. The song is recorded by an

First band with an 18-year career. The band's first studio on their album. The song is recorded by an

If you're a fan of the band, or someone just getting into the Beastie Boys, *Sounds of Illness* is a definite buy for any music fan.

Upcoming Theatrical Releases

- Dec. 17
Stuart Little
- Dec. 22
Boyz n the City (Robin Williams)
- Dec. 22
Men on the Moon (Jim Carrey), *Courtesy Love*
- Dec. 24
Any Given Sunday (over *Other Stone Men*)
- Dec. 24
The Talented Mr. Ripley (Matt Damon)
- Dec. 25
Titus (Anthony Hopkins, Jessica Lange)
- Jan. 7, 2000
Eye of the Beholder (Ewan McGregor)
- Jan. 14
Play It to the Bone (Woody from *Woody*)
- Feb. 4
Screen 3 (New *Compton*, David Arquette)
- Feb. 11
The Beach (Leonardo DiCaprio)
- April 14
Ready to Rumble (WWE movie)
- May 19
Jason X (Friday the 13th Part 10)

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The Learning Resource Centre Staff

Condors on thin ice

Conestoga suffers loss of four integral players

By Nicole Parlow

Conestoga is now a hockey team too closely linked to injury that it, more than any team,

Must therefore will be not suddenly able to look back to what is a game on Nov. 20 against Cathlamet College.

"Condors have always been healthy"

Ken Calverton
coach

Despite a doctor's team which needed to never play hockey again.

The first year Condor was affected by a Condor player last

last night the (hockey) all and still today first into the Condor

Three "Wrecking crew" found to take a couple of weeks off hockey after he sustained his shoulder in the most game

Rainey Hadden last led to end his college hockey career because of ongoing back spasms, which have gotten progressively worse over the season

While played for the first month of the season for two Condor in each phenomenon

Three upper-limb (shoulder) has left the team because he is now physically incapable. Whether he will be back to continue the season and recovery remains unclear



Condor

The loss of these essential players has caused problems, said coach Ken Calverton.

Calverton says he had to be changed. Players who needed on the team or through injury have moved up to senior positions.

Calverton said he'd disappointed at

the way "Condors" was last to the team

"There's a big player" he said. "He plays 20 games, but a powerful and a very physical player"

Calverton played that position on the ice is what will be around the team.

Toronto, who they played in, 4, 4 and 4-2 (hockey) to win, and it's not so much happened about seven times while in play hockey again, but more involved in the process for it.

"It would be a big risk for me to play hockey again" he said. "It's not just for myself, it would mean

early death as well as injury"

He was in Matthew the Condor player who moved Toronto

Toronto and Calverton's leaving to be a physical area, however, they were no longer there until the May 20 game

"Condors have always been healthy," said Calverton, "but recently there was a player in here (Ken)"

Calverton said looking to a physical player and that's the best play to tell them playing on the ice

Despite these critical setbacks the Condor will still be active players, said coach Calverton, and with Fleming and Hadden colleges with a record of 3-2-1 was better

"I mentioned the guys for stepping up to the plate despite that a possibility the only good thing that a team out of the upper, said Calverton. "It gives other guys a chance to show their stuff"

Features every week in

SPOKE

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or e-mail us at
spoke@conestogac.on.ca

Men's 1999

varsity hockey roster

- #2 James Hockey
- #3 Brad Marshall
- #4 Craig Macdonald
- #5 Dave Longman 'K'
- #6 Shane Neil
- #7 Greg Thode 'C'
- #8 Adam Duce
- #9 Sean McHenry
- #10 Mike Buehler
- #11 Dave Stewart
- #14 Steve Macdonald
- #15 Darrell Woodley 'K'
- #16 Ramsey Hadden
- #20 Jon Sackert
- #21 Dave Galbraith
- #23 Paul Brown
- #24 Ian Kallu
- #25 Kyle Beaton
- #26 David Henry
- #28 Shawn Syme
- #30 Jamie Taylor
- #31 Anthony Gagnon

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Condors assistant captain Darrell Whistley tries to shoot the puck past a sprawling member of the South Coyotes on Dec. 8 at the Kenneth E. Miller Recreation Center. Photo by Scott Morris

Cougars prey on Condors

By Adam Wilson

Despite poor defense and goal-keeping, the Cougars' Condors were still unable to put off a side-splitting South Coyotes Dec. 7 at the Kenneth E. Miller Recreation Center.

The first period was all Cougars as they scored three goals. The Coyotes opened the scoring at 10:58 of the first as a weak shot that went by Cougars goaltender Steve Taylor. South added another goal just at 18:41 making the period end with a 3-0 lead.

Cougars was unable to score in the first, even though the Coyotes pulled up 35 minutes in penalties.

The Cougars came out flying in the second, when Dave Galloway scored at 1:45. He was assisted by Mike Rogers and Adam Brice.

Continuing with their scoring streak, Steve Brown scored in the power play at 4:43 giving the game a 2-0.

Steve Bailey and Joe Buehler combined on the game-tying goal.

The Condors dominated the Coyotes in the second period, out-shooting them 17-6 and playing great defense.

As for that period started, the ice was broken between the two teams again.

After a tight power play goal by the Coyotes, Darrell Whistley scored a short-handed goal, tying

the game just once again at 18:05. Galloway assisted on the goal.

There was a minute later when Brad Marshall took a questionable double minor penalty for spearing. South scored another power-play goal to take a 3-3 tie.

The South scored their fifth goal at 20:01 on the short end and Cougars replied with a last minute effort, scoring with 2:02 to go in the game.

The Cougars last goal was scored by Steve Murray and made 4-3 by Bailey and Galloway making the final score 5-4 for the Cougars.

Coach Ken Calawa and the Condors played an excellent game, both defensively and offensively.

"Any team where you have a run in 20 or so there are not doing a very good job," he said. "It's only without goal stops on a team's defense."

Calawa added that the game was probably the team's best defense game so far this season.

Even though there are some key injuries on the Condors team at the moment, Calawa said the team will play better and they should a much better outcome in the game.

He said these players are really stepping up to 80 the whole on the team's team.

I think that was Steve Galloway about game of the year, awarded Calawa.

COUNSELLOR'S CORNER: A Good Night's Sleep

In the exam stress and Christmas-time demands, evening you to lose sleep? Having a sleep problem can affect your mood, ability to concentrate and energy level. No matter which cause first, the stress or the reverse, improving your sleep can improve your ability to cope with daily stresses.

The most common sleep problems include sleep onset insomnia (taking more than an hour to fall asleep), sleep maintenance insomnia (frequent awakening and difficulty returning to sleep at night) and early morning awakening. Others include hypersomnia (sleeping too much), sleep apnea (snoring) and restless leg syndrome (leg discomfort and pulling).

These tips may help improve your sleep:

- **Avoid over-the-counter sleeping medications.** These may help you to fall asleep, but can disrupt normal sleeping patterns and leave you drowsy during the day.
- **Maintain a standard bedtime.** Go to bed within an hour of the same time each night to avoid "jet lag."
- **Don't go to bed too early.** If you're trying to get to bed earlier, don't change your bedtime drastically. To avoid falling and turning, go to bed a half-hour or an hour before the time you normally get to sleep, and then gradually go to bed earlier (e.g. by half an hour a week).
- **Set a standard rising time.** Help set your internal clock by creating the temptation to sleep in on weekends.
- **Have your bedroom for sleep.** Avoid activities inconsistent with sleeping in your bed. Don't study, work, talk on the telephone or watch television in bed to help associate the bed with sleeping.
- **Create a good sleep environment.** For most people, a good sleeping temperature falls between 18C to 21C. Avoid noise problems by using earplugs, soundproofing the room or creating white noise with a fan.
- **Avoid napping during the day.** This can disrupt your ability to get to sleep at night.
- **Prepare for sleep.** Avoid excessive activity, exercise, heavy meals and bright light for at least an hour before bedtime.
- **Practice breathing or relaxation techniques** when attempting to get to sleep. Thinking about problems or planning for the next day does not help you get to sleep.

To learn more about healthy lifestyle habits, talk to a counsellor at Student Services.

A message from Student Services (March 2002)

Read SPOKE
it's electrifying